

HUMIRA PRE-FILLED SYRINGE INSTRUCTIONS FOR USE

If you are using the Humira pre-filled syringe, instructions for preparing and giving an injection of Humira are provided in the Injecting Instructions supplied with the product.

Read these instructions carefully and follow them step by step. These instructions explain how to self-inject this medicine.

Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection.

Your doctor or his/her assistant will also show you best how to self-inject.

Do not mix the injection in the same syringe or vial with any other medicine.

Keep out of the sight and reach of children.

STEP 1

Take Humira out of the refrigerator.

Leave Humira at room temperature for 15 to 30 minutes before injecting.

- Do not remove the needle cover while allowing Humira to reach room temperature
- Do not warm Humira in any other way.

For example, do not warm it in a microwave or in hot water.

- Do not use the syringe if liquid has been frozen (even if thawed).

STEP 2

Syringe



Pad

Check expiry date on the syringe label.

Do not use the syringe if expiry date has passed.

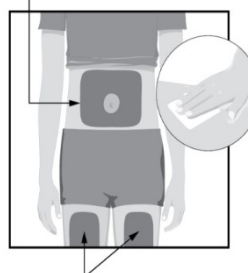
Place the following on a clean, flat surface:

- One Humira single-use syringe and alcohol pad
- One cotton ball or gauze pad (not included)
- Puncture-resistant sharps disposal container (not included).

Wash and dry your hands

STEP 3

Injectable Areas

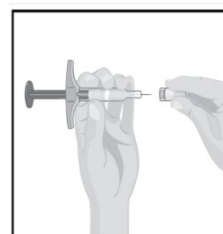


Injectable Areas

Choose an injection site:

- On the front of your thighs or your abdomen (belly) at least 5 cm from your navel (belly button)
- Different from and at least 3 cm from your last injection site
- **Wipe the injection site in a circular motion with the alcohol pad**
- **Do not inject into skin that is sore, bruised, red, hard, scarred, has stretch marks, or areas with psoriasis plaques**

STEP 4



Hold the syringe in one hand.

Check the liquid in the pre-filled syringe.

- Make sure the liquid is clear and colourless
- **Do not use the pre-filled syringe if the liquid is cloudy or has particles**

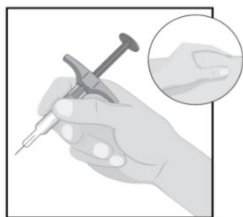
Gently pull the needle cover straight off with the other hand.

- Throw the needle cover away
- **Do not touch the needle with your fingers or let the needle touch anything**

You may see a drop of liquid at the end of the needle. This is normal.

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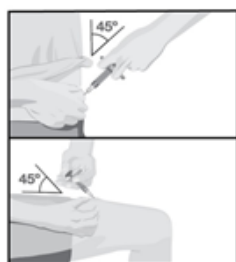
STEP 5



Hold the body of the syringe in one hand between the thumb and index fingers, like you would a pencil.

Gently squeeze the area of cleaned skin with your other hand and hold it firmly.

STEP 6



Abdomen

OR

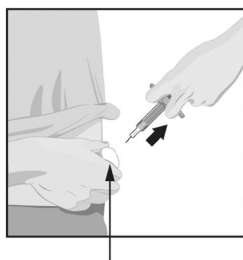
Thigh

Insert the needle into the skin at about a 45-degree angle using a “dart-like” motion.

- After the needle is in, let go of the skin you are holding

Slowly push the plunger all the way in until all the liquid is injected, and the syringe is empty.

STEP 7



Cotton Ball

When the injection is completed, slowly pull the needle out of the skin while keeping the syringe at the same angle.

After completing the injection, place a cotton ball or gauze pad on the skin of the injection site.

- **Do not rub**
- Slight bleeding at the injection site is normal

STEP 8

The Humira syringe should never be reused. Never recap a needle.

After injecting Humira, immediately throw away the used syringe in a special 'sharps' container as instructed by your doctor, nurse or pharmacist.

Keep this container out of the reach and sight of children.

For more information:

Australia: Call us on 1800 043 460 or visit

www.abbviecare.com.au

New Zealand: Call us on 0800 900 030 or visit

www.abbviecare.co.nz